

IT'S ASCENTIAL TO KNOW

VOLUME 20 • 2026 IN THIS ISSUE

- Estate Planning Organizers
- 2025/2026 Contribution Limits
- Document Retention
- 2025 Duluth Women's 10-Mile

A Gift of Clarity to Your Loved Ones

Planning for the end of your life, and having conversations with loved ones about your final wishes and financial matters, can feel uncomfortable. It is natural to want to put these discussions off, but taking the time to plan and organize things now may be one of the most valuable gifts you ever give yourself and your loved ones.

Did You Know?

Only 45% of US adults have created estate planning documents (LegalZoom, 2025), and only 32% have a will (Caring.com, 2025).

► WHY ORGANIZATION IN ESTATE PLANNING MATTERS

Our team has extensive experience guiding clients and their loved ones through the complex transitions that follow a death or incapacity event. Over the years, we have encountered a wide range of circumstances and varying levels of organization of essential estate planning documents.

Our experience has shown that when key documents are organized and accessible, it greatly reduces stress, delays, and unnecessary expenses. Proper preparation helps loved ones to step in confidently, address immediate needs, and carry out legacy plans with clarity and efficiency.

Starting the conversation:

A little reassurance might help. Consider opening with "Hey guys, I'm not planning on going anywhere for a long time, but I do want you to be ready for when that day comes."

► ASCENTIAL WEALTH ADVISORS ESTATE PLANNING ORGANIZER

With this in mind, we have created an Estate Planning Organizer designed to help you consolidate critical documents and important information. This centralized resource can simplify communication of your plans and wishes, provide clarity, and reduce stress during challenging times; empowering your loved ones to act confidently and honor your wishes.

The organizer is designed to give you both structure and flexibility, with space to include as much or as little information as you choose. We understand that everyone's preferences and circumstances are unique, so we designed this resource to be adaptable to your needs. You can add details where they matter most to you and skip sections that aren't relevant. Any information you share with a trusted person will make a meaningful difference and help ease the process of carrying out your wishes.

A Gift of Clarity (cont.):

We recommend reviewing and updating your information periodically, especially after major life events such as marriage, divorce, birth, or death. We hope this organizer serves as a helpful tool for communicating your plans and wishes with those closest to you. It can also serve as a starting point for important conversations about estate planning, whether for your own needs or in situations where you may need to step in for someone else, such as aging parents, other family members or friends, or adult children.

Our team is here to assist you throughout this process. If you have not yet received an organizer from your financial advisor, they will discuss it with you during your next review meeting. If you would like to begin working on your organizer sooner, please reach out to our team to request one.



If you prefer to complete forms electronically, we can provide fillable PDF versions. Once completed, we can save a copy of the forms to your file with us and also print and prepare the pages for your organizer. For security purposes, we recommend storing electronic copies in a protected location, such as an encrypted computer or external drive, and saving a copy to the Raymond James Vault.

ESTATE PLANNING ORGANIZER CONTENTS:

- *Sections:*
 - *Personal details*
 - *Important contacts*
 - *Final Wishes*
 - *Legal Information*
 - *Financial Accounts*
 - *Insurance Information*
 - *Real Estate and other Property*
- *Folder pockets for critical documents like:*
 - *Wills or Trusts*
 - *Power of Attorney*
 - *Incapacity Documents*
- *Optional form pages to provide more details like:*
 - *Pet Instructions*
 - *Family History*
 - *Incapacity Contacts & Instructions*
 - *Ethical Will*

2025 & 2026 Contribution Limits

SECURE ACT 2.0 ROTH 401K CATCH-UP CONTRIBUTIONS

The Secure Act 2.0 Act requires individuals aged 50 and older who earned more than \$145,000 in 2024 (and more than \$150,000 in 2025) make any 401k Catch-up contributions on an after-tax Roth basis only, starting in 2026. Check with your employer or 401k plan administrator to determine your requirements and adjust your contributions accordingly.

Retirement Contribution Limits		
	2025	2026
IRA/Roth IRA	\$7,000	\$7,500
Over 50 Catch-up	\$1,000	\$1,100
SIMPLE IRA	\$16,500	\$17,000
Over 50 Catch-up	\$3,500 (total \$20,000)	\$4,000 (total \$21,000)
Super Catch-up (Ages 60-63)	\$5,250 (total \$21,750)	\$5,250 (total \$22,250)
401(k)	\$23,500	\$24,500
Over 50 Catch-up	\$7,500 (total \$31,000)	\$8,000 (total \$32,500)
Super Catch-up (Ages 60,61,62,63)	\$11,250 (total \$34,750)	\$11,250 (total \$35,750)

* SIMPLE IRA: Businesses with 25 or fewer employees are eligible for higher contribution limits.

Health Savings Plan Contributions		
	2025	2026
Individual	\$4,300	\$4,400
Family	\$8,550	\$8,750
Over 55 Catch-up	\$1,000	\$1,000
Min. Annual Deductible		
Individual	\$1,650	\$1,700
Family	\$3,300	\$3,400
Max Out-of-Pocket		
Individual	\$8,300	\$8,500
Family	\$16,600	\$17,000

Personal Document Retention

What should you keep and for how long?

Good record keeping is essential for tax purposes and effective document management. It can be challenging to determine exactly which records to keep, and for how long. Additionally, keeping sensitive documents that you no longer need can put your personal information at risk. To help you stay organized and secure, we have outlined some recommendations below.

Keep for 1 year or less

- Paycheck Stubs
- Household Bills
- Credit Card Receipts
- Bank Statements
- Monthly or Quarterly Investment Statements
- *Except if any of these documents are tax-related - then keep them with your taxes for 7 years*

Safe Storage & Disposal

Recommendations: Physical Documents

- *Use a fireproof safe at home or rent a bank safety deposit box to store physical copies of important documents.*
- *Shred any physical documents that contain Personally Identifiable Information (social security number, address, birth date, account numbers) as soon as they are no longer needed.*

Keep Forever

- Marriage Licenses
- Divorce Decrees
- Birth Certificates
- Wills
- Adoption Papers
- Death Certificates
- Social Security Cards
- Medical Records
- Citizenship Papers
- Records of paid-off mortgages
- *Previous versions of Wills, Powers of Attorney, etc., or Expired Driver's Licenses or Passports can be disposed of when obsolete.*

Keep while active or owned:

- Contracts
- Insurance Documents (and Claim records)
- Stock Certificates
- Property Records
- Pension and Retirement Plan Records
- Home Improvement Records
- Auto Titles and Home Deeds
- Warranties

Keep for 7 years

- Income Tax Returns & Supporting Documentation:
 - W2s, 1099s, 5498s, K1s, and other income records
 - Bank, Investment, & Retirement account statements
 - Receipts for deductible expenses)
 - Medical Bills and Receipts
 - Records of sale (your home, vehicle, stocks)
 - New Homeowner documents
 - Annual mortgage statements
 - Charitable contribution records
- Records of Satisfied Loans

Safe Storage & Disposal Recommendations: Electronic Documents & Devices

- *Secure your devices with strong passwords, biometrics, and multi-factor authentication, and back up your files throughout the year on an external hard drive or in the cloud with a reputable service provider.*
- *Personal data on electronic devices like mobile phones, computers, and printers should be removed or destroyed before device disposal. Check for device disposal companies in your area that can help you with this process.*

2025 Duluth Women's 10-Mile Race

Ascential Wealth Advisors was proud to serve as the title sponsor of the Duluth Women's 10-Mile race for the fifth consecutive year in 2025. We were grateful to have staff, family, and clients join in the fun as runners and volunteers and are happy to announce that this year's race raised over \$9,000 for the Bridging the Gap fund! The fund, a program of the Entrepreneur Fund, helps women entrepreneurs in our region access resources and support to launch new businesses, expand products and services, grow their revenue, and strengthen their leadership skills.

With over \$45,000 in funds raised since the race's inception in 2021, we are thrilled to continue our partnership with the event in 2026 to support this important cause! Please save the date for next year's race on September 26, 2026 and stay tuned for more details from us in the spring. We hope you can join us!



Ascential Wealth staff and family at the finish line handing out cookies and enjoying the beautiful weather!



GET THERE FROM HERE

Alison Paulseth-Bautch,
Financial Advisor

Daniel Maki,
Financial Advisor

Kristin Rognerud
Financial Advisor

Mike Owens,
Financial Advisor

Zach Gerlach,
Associate Financial Advisor

Emilee Manley,
Client Services Mgr.

Barb Perrault,
Registered Client Services Mgr.

Lori Spilde,
Client Services Mgr.

Barb Nelson,
Operations Manager



11 E Superior St, Suite 500
Duluth, MN 55802
888.840.8299
218.336.2500

[AscentialWealth.com](https://www.AscentialWealth.com)

DISCLOSURES: This material is being provided for informational purposes only and is not a complete description, nor is it a recommendation. Any opinions are those of Ascential Wealth Advisors and not necessarily those of Raymond James. The information has been obtained from sources considered to be reliable, but Raymond James does not guarantee that the foregoing material is accurate or complete. Please note, changes in tax laws may occur at any time and could have a substantial impact upon each person's situation. While we are familiar with the tax provisions of the issues presented herein, as Financial Advisors of RJFS, we are not qualified to render advice on tax or legal matters. You should discuss tax or legal matters with the appropriate professional. Investing involves risk and investors may incur a profit or loss regardless of strategy selected. Prior to making an investment decision, please consult with your financial advisor about your individual situation.

Ascential Wealth Advisors is an independent practice. Securities offered through Raymond James Financial Services, Inc., member FINRA/SIPC. Investment advisory services offered through Raymond James Financial Services Advisors, Inc. Ascential Wealth Advisors is not a registered broker/dealer and is independent of Raymond James Financial Services.